

Old Saybrook

COVID 19 Community UPDATE #25 – April 9, 2020

The following Community Update is being provided to you from the
Town of Old Saybrook Emergency Operations Center.

The intent of this document is to provide a daily summary of preparedness,
response and other government activities.

Public Safety & Community Information

- The Nation, State, and Town remain under Declared States of Emergency.
- The Town’s Emergency Operation Center (EOC) remains operational.
- There were three (3) new CONFIRMED cases of COVID-19 today in Old Saybrook.
- Old Saybrook belongs to the Connecticut River Area Health District (CRAHD).
- This includes the Towns of Chester, Clinton, Deep River, Haddam, and Old Saybrook.
- These are the current reported Positive Cases according to CRAHD:
 - Chester - 13 Confirmed Cases 2 Deaths
 - Clinton - 13 Confirmed Cases 1 Death
 - Deep River - 5 Confirmed Cases
 - Haddam - 3 Confirmed Cases
 - Old Saybrook - 12 Confirmed Cases
- We are confident that there are eighteen (18) additional presumptive positive cases in OS.
- We believe there may be more. Presumptive cases are not always formally tested.
- If people who live in the same household as a person that has sadly received a positive COVID-19 test result begin to have COVID-19 symptoms, they are not tested and presumed by medical professionals to have COVID-19. Unless hospitalized, they may never be tested.
- We are working with Apple Health & Rehab and Gladeview Healthcare to prevent & respond if necessary to a COVID-19 Outbreak following Federal & State Guidelines.
- Public Health Officials advise Connecticut is entering the peak of the COVID-19 Outbreak.
- We are very concerned about EVERYONE’s Health over the next two (2) – three (3) weeks.
- It is currently predicted that Middlesex County’s “peak” may be around April 22, 2020.

- PLEASE STAY HOME – if you do not need to go out in public.
- Limiting contact with others is highly recommended by Public Health Officials.
- When choosing to “get some fresh air” try to stay home on your own property.
- If choosing to take a walk, stay local, stay in very small groups, stay distant, STAY SAFE!
- We can SAVE LIVES if EVERYONE follows Social Distancing Recommendations! PLEASE!
- Let’s take a moment to speak about stress.
- We know that this is a stressful time for everyone, including your public safety professionals.
- Here are some tips on ways to cope with stress. Remember WE are ALWAYS here for YOU!
- Take breaks from watching, reading, or listening to news stories & social media. Hearing about the pandemic repeatedly can be upsetting. *(After your done reading this of course 😊)*
- Take care of your body. Take deep breaths, stretch, or meditate. Avoid alcohol and drugs.
- Try to eat healthy, well-balanced meals. Exercise regularly, get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy while keeping safe.
- Connect & talk with people you trust about your concerns and how you are feeling.
- It is helpful for Public Safety to know if a person in your home, that is not an Old Saybrook Resident, has sadly been diagnosed with COVID-19 (after being tested).
- If you are caring for a COVID-19 Patient in your home, please contact us so we can ensure the proper resources are sent to your home in case of an emergency AND we can keep our First Responders Safe! Call the Police Department at 860-395-3142 or email the Emergency Operations Center at EOC@OldSaybrookPolice.com.
- We are expecting and are prepared for further confirmed cases of COVID-19 in Old Saybrook.
- Social Distancing efforts - ARE MAKING A DIFFERENCE!! **YOU’RE MAKING A DIFFERENCE!!**
- We are doing EVERYTHING we can think of to create a Social Distancing Campaign in OS!
- We need YOUR help and continued COMMITMENT to keep everyone as safe as possible.
- Practice Social Distancing – Not doing so is selfish! – We can keep each other SAFE!
- Stay home if you don’t need to go out.
- The Governor has ordered the suspension of weekend and weekly rentals of homes.
- The Governor has ordered all hotels, motels, and resorts to close for recreational travelers.
- The Governor has ordered the restriction of gatherings to no more than five (5) people.
- There can be more than five people at the beach or in our parks so as long as they are following social distancing recommendations and are not in violation of the Governor’s Order.

- Big Y will be closed on Sunday & Monday.
- All grocery stores in Old Saybrook are asking you (begging really) to PLEASE “Shop Alone”.
- Stores must limit how many shoppers can be in a store at one time by 50%. It’s now the Law.
- Follow the Warning Signs that are placed at the entrances to indoor stores/shops.
- If you are an essential business and in need of social distancing signage please call us!
- If you have flu like symptoms or have been around someone with flu like symptoms DO NOT ENTER A PUBLIC STORE!
- Public Health Awareness Advertisements are all over town to remind people to: “Wash Their Hands”, “Sneeze and Cough in Your Elbow” and to “Maintain Social Distance”.

LESS CONTACT = LESS VIRAL INFECTIONS = LESS DEATH

- If you have recently moved your family to Old Saybrook from another location—any location—please consider sheltering in place (self-quarantine) for fourteen (14) days to prevent further community spread.
- We have been using “PPE” on many calls.
- Police have COVID-19 Response Kits in each vehicle to keep all First Responders safe!
- Today our Public Safety Leadership Team participated in a conference call with the Governor.
- Holy Week Church Service Schedules are attached.
- The Town is very supportive of our local businesses!
- The Weekly Business Community Conference Call is scheduled for Tomorrow at 10 AM.
- Information to participate can be found here: <https://www.oldsaybrookchamber.com/>
- Businesses can click the link below for a COVID-19 Business toolkit – updated each day!! <https://www.oldsaybrookchamber.com/coronavirus-business-toolkit>
- The Emergency Operations Center is using Facebook, Twitter, Instagram, and Snapchat to connect with residents. Search COVID19OS to find us on your favorite social media platform.
- Over 2,800 people are signed up to receive this newsletter! Make sure your family is!
- If you know of someone that does not have a smart phone and wishes to receive this Community Update by email – just contact us! We will make that happen!
- Please visit the Emergency Management Website as your sole local online source of all information related to the COVID-19 Public Health Emergency.

<https://www.oldsaybrookct.gov/emergency-management>

Public Health

- It is extremely important that EVERYONE takes this Public Health Emergency seriously!
- DO NOT go out into the public if you have a fever or flu like systems.
- DO NOT go into a retail store or restaurant if you have a fever or flu like systems.
- COVID-19 is HIGHLY Contagious. If you have flu like symptoms STAY HOME!!
- The CDC has a COVID-19 “Self Checker”.

Click the link: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- Playscapes will be sanitized three times a week.
- **Practice social distancing. Maintain six (6) feet from other people.**
- Wash your hands with soap and water frequently for twenty (20) seconds or use at least 60% alcohol based sanitizer.
- YOUR actions can save lives! BE Responsible! SLOW THE SPREAD!

Public School District

- Students, Families, and staff will be on April Break for few days. You all deserve one!
 - You’re doing so great that the Superintendent has declared this a “No Homework Weekend!”
 - Food distribution today included meals for Friday, Saturday and Sunday.
 - The District is discussing the latest information from the State Commissioner of Education.
 - The OSPS website is being updated for parents and students daily.
- <https://www.oldsaybrookschoools.org/>

Municipal Government Operations

- Town Government will be CLOSED for business tomorrow.
- The Transfer Station will be closed tomorrow & OPEN on Saturday from 9am-5pm.
- Remember to check the Town Website to participate remotely in “public meetings”.
- The Acton Public Library is holding a “Virtual Knitting Group” on Zoom on Wednesdays at 2:30; email Rachel at rbulgini@actonlibrary.org to register.
- The Library also has remote access to the Ancestry Library Edition through the end of April. To “check it out” click the link! <http://lioninc.org/alion/ancestryli.php?lib=os>
- YOUR actions can help prevent community spread. Please choose to help.

Social Services / Youth and Family Services

- Access Health CT has EXTENDED it's special enrollment period until April 17, 2020. If you are uninsured please use this opportunity to enroll. Go to www.AccessHealthCT.com
- Social Services Appointments will be conducted by phone, Call Sue Consoli 860-395-3188.
- In case of job loss caused by COVID-19 please visit the State's Department of Labor page at:
<http://www.ctdol.state.ct.us/UI-online/index.htm>
- Youth and Family Services Counselors are providing tele-counseling services.
- For Behavioral Health Support contact Director Heather McNeil 860-510-5042.
- Veterans in need of services please call 1-800-273-8255. THANK YOU for your service!
- Other services are available by contacting 211.

Good News!!

PARTICIPATE IN OUR DRESS UP YOUR FRONT DOOR CONTEST!

- Using what you have at home.....Dress up your front door to bring Smiles and Cheer to all!
- You may choose to dedicate your design to all of our essential workers including store clerks, restaurant workers, mechanics, doctors, police officers, nurses, fire fighters, government leaders, emergency medical service personnel – all that go to work for US!
- Submit your entry to Fun@OldSaybrookPolice.com
- The Pictures we are receiving already are incredible! THANK YOU for bringing all of us joy!
- The Contest will run until noon on Wednesday!

*RANDOM ACTS OF KINDNESS - A **WEEK** MONTH LONG EVENT!!*

- Thanks to a VERY generous donation, the Random Acts of Kindness Campaign will continue for the entire month of April! Police Officers will be able to spread more cheer around town by presenting residents with gift certificates to area businesses.
- Spreading cheer, reducing stress, & supporting businesses at the same time – WIN WIN WIN!
- If you would like to help keep this program going – contact us: EOC@oldsaybrookpolice.com
- The GREAT Take Out Give A Way is STILL On!! The Chamber is giving away ten \$100 Restaurant Gift Certificates (one a day). Click the link for more information.

<https://www.oldsaybrookchamber.com/giveaway>

- Light Up Old Saybrook! Every night at 7 PM - Turn your outside lights on to show support for the “Essential Workers”!
- Soon the Police Department will be announcing our “Shorts for Saybrook” campaign!
- This summer’s fundraiser will be to establish a local grant program for Old Saybrook residents and businesses negatively impacted by the COVID-19 Public Health Emergency.
- Got Good News? Send it to us! We’d love to share.
- Be safe. Keep Smiling. We will get through this!



**ONE COMMUNITY.
ONE TEAM.**